



# **HEPATITIS EDUCATION FOR CORRECTIONAL OFFICERS**





# Overview

## Part I - Hepatitis

- who gets it, how it is spread, signs and symptoms
- types of hepatitis

## Part II - The Correctional Officer

- dealing with inmates
- protecting yourself
- dealing with family members





## Types of Hepatitis

There are several different types of hepatitis.

In the United States, the most common types of hepatitis are:

- hepatitis A
- hepatitis B
- hepatitis C





**Hepatitis is**

- a liver disease

**What does the liver do?**

- The liver is an organ that helps your body digest food and acts as a filter for poisons or anything toxic in the body.





Source: [http://www.som.tulane.edu/classware/pathology/medical\\_pathology/McPat/GR\\_Liver/Liver1.html](http://www.som.tulane.edu/classware/pathology/medical_pathology/McPat/GR_Liver/Liver1.html)



# How Do You Know You Have Hepatitis?

A person with hepatitis will have

- flu-like symptoms
- tiredness
- muscle aches





## **Viral Hepatitis A**

**Hepatitis A is a liver disease caused by the hepatitis A virus (HAV)**

**Hepatitis A can affect anyone**

**In the United States, hepatitis A can occur in situations ranging from isolated cases of disease to widespread epidemics**



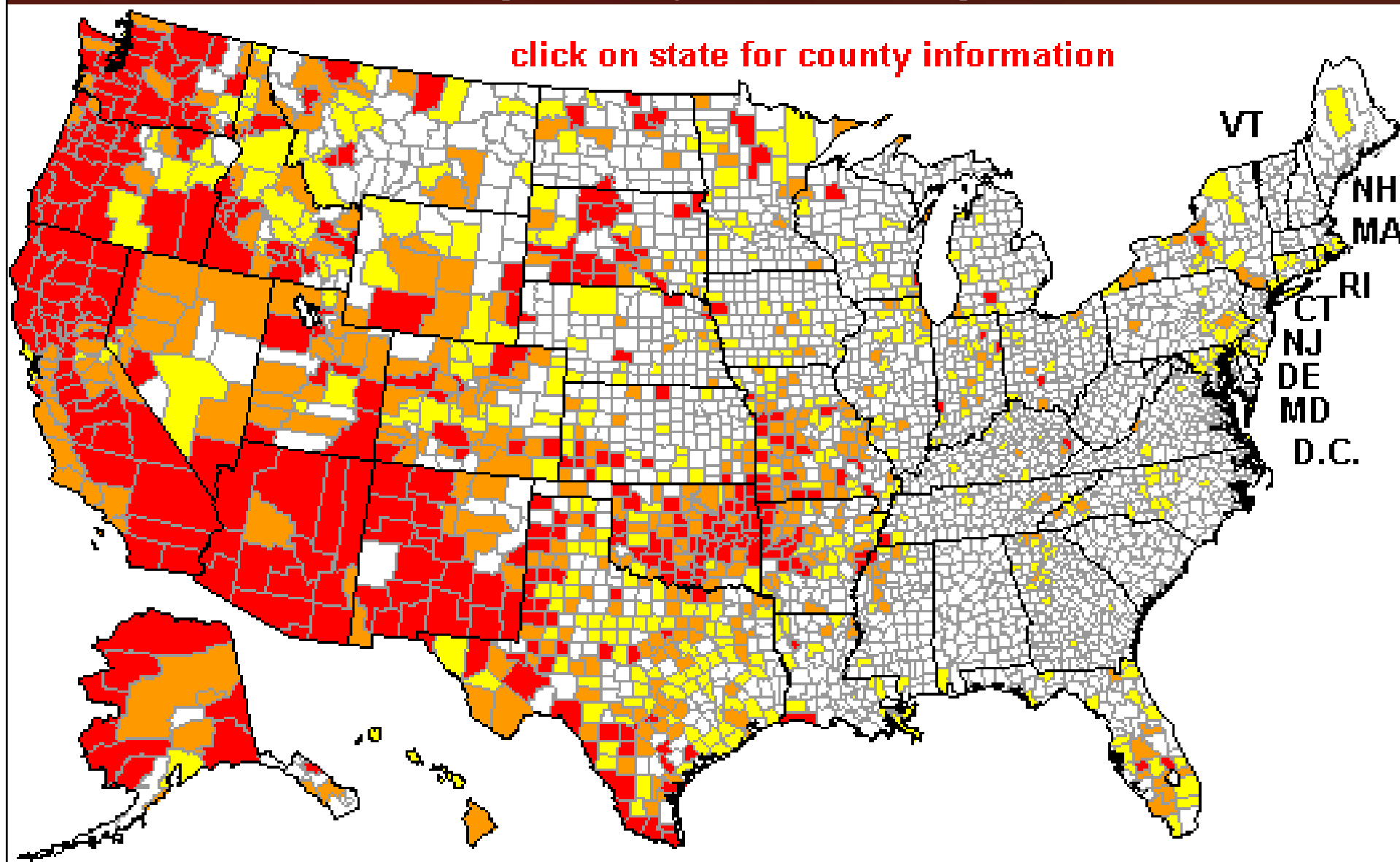


ABC

## Average Reported Cases of Hepatitis A Per 100,000 Population, 1987-1997

Source: <http://www.cdc.gov/ncidod/diseases/hepatitis/a/vax/index.htm>

click on state for county information







## How Do You Get Hepatitis A?

HAV is found in the stool (feces) of persons infected with hepatitis A

HAV is usually spread

- Putting something in the mouth (food, water, hands) that has been contaminated with the stool of a person with hepatitis A
- Most infections come from contact with a household member or sex partner who has hepatitis A





# Signs and Symptoms of Hepatitis A

**The hepatitis A virus affects people differently**

- **Some people have no physical complaints when they are infected with the hepatitis A virus**
- **Older persons are more likely to have symptoms than children**





# Signs and Symptoms of Viral Hepatitis A

If symptoms are present, they usually occur abruptly and may include

- fever
- tiredness
- loss of appetite
- nausea
- abdominal discomfort
- jaundice
- dark urine





## Getting Hepatitis A

How long does it take to get hepatitis A after being exposed to someone who has hepatitis A?

- The average incubation period for hepatitis A is 28 days (range: 15–50 days)

How long does it last?

- Symptoms usually last less than 2 months
- Some persons are ill for as long as 6 months



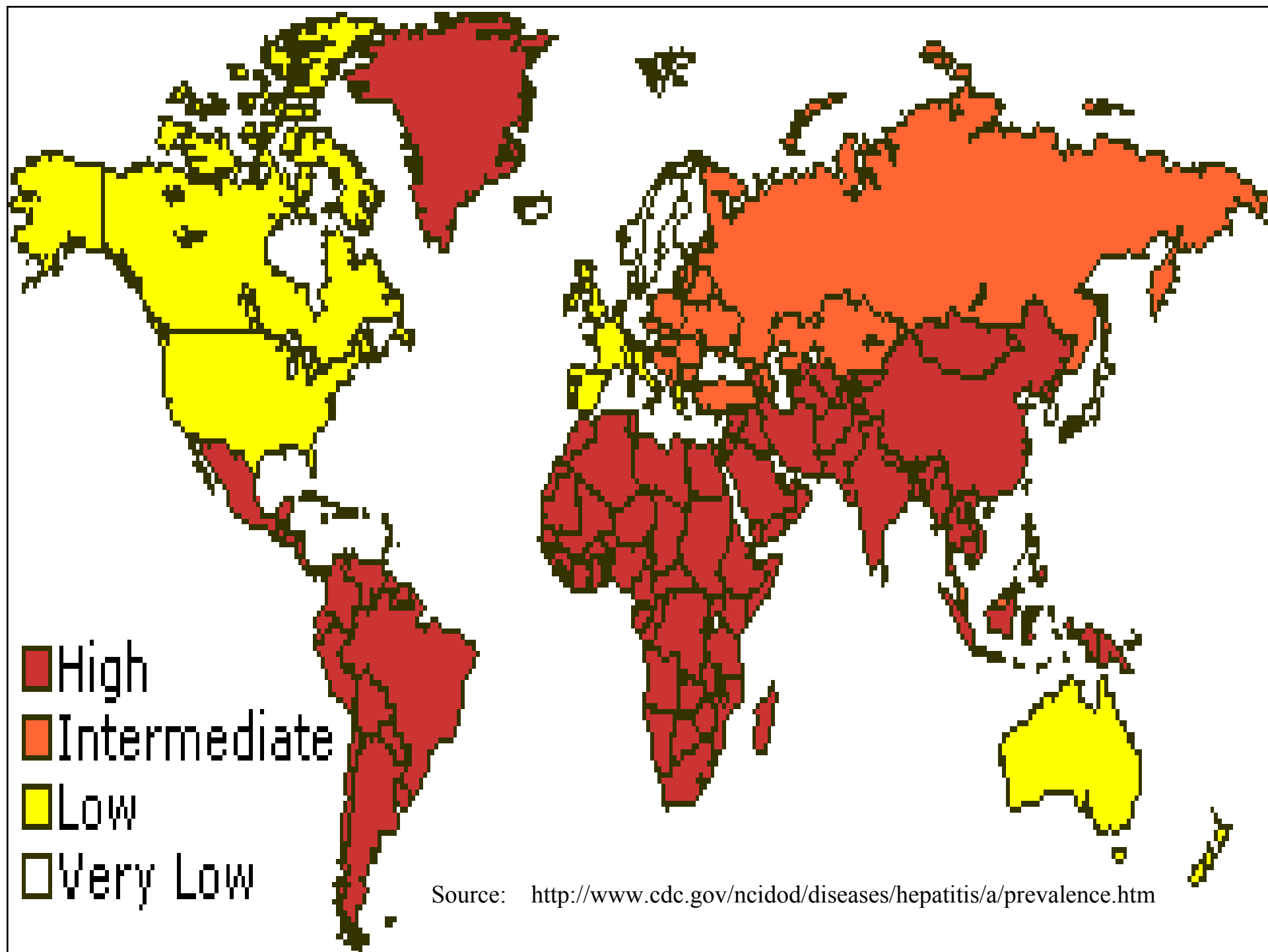


## Persons at Risk

**Who is more at risk of getting hepatitis A?**

- People living with HAV-infected persons
- Sex contacts of infected persons
- Persons, especially children, living in regions of the U.S. with consistently increased rates of hepatitis A
- Men who have sex with men
- Injecting and non-injecting drug users
- Persons traveling to countries where hepatitis A is present









## Long-Term Effects of HAV

There is no chronic (long-term) infection

Once you have had hepatitis A you cannot get it again

About 15% of people infected with HAV will have sustained or re-occurring symptoms over a 6-9 month period







# Preventing HAV Infection

## Vaccination

- Hepatitis A vaccine
- Immune globulin

## Personal Hygiene

- Hand washing
- Wearing disposable gloves





## Vaccination for Viral Hepatitis A

If exposed to the hepatitis A virus

- A short-term immunoglobulin is given within 2 weeks

If not exposed to the hepatitis A virus

- Long-term vaccine lasts approximately 20 years
- Two injections over 6 to 12 months
- Must get second injection for long-term effect





# Preventing HAV Infection

## Injections (shots)

- Hepatitis A vaccine
- Immune globulin

## Personal Hygiene

- Hand washing
- Wearing disposable gloves





# Summary of Viral Hepatitis A

## Key Take-Home Points

- The HAV is spread through contaminated food or water
- The symptoms are various complaints
- There is no long-term infection and you cannot get it again.
- Best way to protect against HAV is vaccination and hand washing





## Viral Hepatitis B

**What causes viral hepatitis B?**

- Hepatitis B is a disease of the liver caused by the hepatitis B virus (HBV).
- The HBV can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death.





## Prevalence of Viral Hepatitis B

In 1998, an estimated U. S. prevalence of 80,000

An estimated 1.25 million Americans are  
chronically infected

The prevalence of hepatitis B among inmates  
in 1997 was 36,000







## Viral Hepatitis B

### Who is at risk?

- Hepatitis B can affect any non-immunized person
- Persons with multiple sex partners or diagnosis of a sexually transmitted disease
- Men who have sex with men
- Sex contacts of infected persons
- Injection drug users







## Who Is At Risk?

### Who is at risk? (continued)

- Household contacts of chronically infected persons
- Infants born to infected mothers
- Infants/children of immigrants from areas with high rates of HBV infection
- Health care and public safety workers
- Hemodialysis patients





## Transmission of Hepatitis B Virus

You can get infected with HBV by:

- Contacting blood or body fluids containing blood while you are not immune
- Having sex with an infected person without using a condom
- Sharing needles to inject drugs or paraphernalia (e.g., spoons, cotton, water)





## Transmission of HBV

**Some HBV-infected persons carry the virus  
and can infect others**

**In the United States, about one million  
people carry HBV**





## Symptoms of Viral Hepatitis B

If you have the hepatitis B virus you may:

- have jaundiced eyes or skin
- lose your appetite
- have nausea, vomiting, fever, stomach or joint pain
- feel extremely tired and not be able to work for weeks or months





ABC



Source: <http://www.ecbt.org/Diseasepics.html>

ABC



Source: <http://tpis.upmc.edu/tpis/Ryan/HBV.html>



## Is There a “Cure” for Hepatitis B?

There is no “cure” for chronic hepatitis B

Prevention and changing behavior is very important

The hepatitis B vaccine is the best protection against the HBV

- Three doses are needed for complete protection.







## Who Should Get Vaccinated?

**All babies, at birth**

**All children 0-18 years of age who have not been vaccinated**

**Persons of any age whose behavior puts them at high risk for HBV infection**

**Persons whose jobs expose them to human blood**





## Viral Hepatitis C

**Viral hepatitis C is caused by the hepatitis C virus (HCV)**

**HCV can be found in the blood of a person with hepatitis C**

**People with hepatitis C will carry the HCV in their blood for the rest of their lives, and could pass the virus on to others**



ABC



Source: <http://tpis.upmc.edu/tpis/Ryan/HCV.html>



## Viral Hepatitis C Statistics

An estimated 4 million Americans have been infected with HCV, of whom 3 million are chronically infected

Most infections are due to illegal injection and drug use

Significantly higher for inmates versus the U.S. population (10x higher)





## **Long-Term Effects of Hepatitis C Virus**

**Long-term infection will occur in 75-85% of  
infected persons**

**Life-long liver disease in 70% of chronically  
infected persons**

**Deaths from chronic liver disease in less  
than 3%**

**Leading indication for liver transplant**





# Prevention Against Viral Hepatitis C

**No vaccine**

**Best prevention is behavior change**

- **Do not shoot drugs**
- **Do not share personal items such as razors or toothbrushes**
- **Avoid tattoos or body piercing**







## Special Considerations for Correctional Officers

Biting and scratching by inmates

Fights between inmates when correctional officers must intervene

Exposure to inmate blood on personal items

Searching sleeping quarters

Touching beds and sheets contaminated with blood







## Preventive Measures

**Wear gloves when in possible contact with inmate blood, saliva and body fluids**

**Sanitize everything inmates could contaminate with blood or saliva**

**Take precautions such as hand-washing and wearing latex gloves**

**Keep open communication with health staff**

**Get vaccinated against viral hepatitis B**





# Job-Related Exposures

**OSHA and Institutional Guidelines  
and Reporting Requirements**





# Protecting Your Loved Ones

**Educate your family members**

- about your training
- the daily precautions that you take
- the institutional policies





## Final Comments

